



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



# *Swanson Pool*

*3585 Governor Drive • San Diego CA 92122*

*(858) 552-1653 • [www.sandiego.gov](http://www.sandiego.gov)*



## *Fall Program*

*Effective: September 6 - November 30, 2006*

**PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

# *The City of San Diego Learn to Swim Program*★

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

## **TINY TOTS** (3\* to 5 years)

Prerequisites: The child is able to understand and obey instructions. Songs and games allow Tiny Tots to adjust to the water and be introduced to basic skills. The class is conducted without parent participation.

## **ADVANCED TOTS** (3\* to 5 years)

Prerequisites: Successful completion of Tiny Tots or the ability to perform Beginner One skills. Students continue to develop basic swimming skills and coordination while increasing water safety awareness.

## **SUPER TOTS** (3\* to 5 years)

Prerequisites: Successful completion of Advanced Tots skills. Super Tots are introduced to the skill of side breathing and learn to swim greater distances both on their front and back sides.

\*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.



**BEGINNER CLASSES** are split into three levels based on skills and the development of each child.

## **BEGINNER I** (ages 6 and up)

This class is designed for the older child who has had no formal swimming instruction. Students are introduced to the early and basic skills of swimming, as well as pool safety practices.

## **BEGINNER II** (ages 6 and up)

Prerequisites: Successful completion of Super Tots or Beginner I class or the ability to perform the same skills. Students are taught to coordinate multiple skills from an effective crawlstroke with side breathing to swimming across the pool with progressive attention to safety and rescue.

## **BEGINNER III** (ages 6 and up)

Prerequisites: Successful completion of the Beginner II class or the ability to perform the same skills. Swimmers in this class will strengthen their endurance and coordination of the crawlstroke, be introduced to the skills of elementary backstroke, learn to dive from the side of the pool and increase their knowledge of safety and rescue.

## **ADVANCED BEGINNER** (ages 6 and up)

Prerequisites: Successful completion of the Beginner III class or the ability to perform the same skills. Instructors stress the importance of swimming endurance and efficiency in deeper water and teach the skills of standing front dives, treading water and continue educating the skills of safety and rescue.

## **PRIVATE/SEMI-PRIVATE LESSONS**

Private or semi-private classes are available for special needs or personal instruction. The instructor will concentrate on the skills custom suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

## **ADULT LESSONS** (ages 15 and up)

Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.

## SWIM LESSON SESSIONS☆

Registration is open now!

(8) 40 MINUTE LESSONS

\$53.75 (City of San Diego Resident fee)

### MONDAY & WEDNESDAY

I September 11 - October 4

III October 9 - November 1

V November 6 - November 29

3:50 pm - 4:30 pm TT/B1

4:40 pm - 5:10 pm AT

5:20 pm - 6:00 pm ST/B2

### TUESDAY & THURSDAY

II September 12 - October 5

IV October 10 - November 2

VI November 7 - November 30

3:50 pm - 4:30 pm TT/B1

4:40 pm - 5:10 pm B2

5:20 pm - 6:00 pm 3/AB

No classes November 23, 2006.



## WATER FITNESS

Adult/Senior Drop-in fee: \$9.50/class

Registration packages available at:

Senior/Disabled \$2.50/class

Adult \$9.00/class

ABC (Aquatic Body Conditioning)

This is a total body conditioning class. This multi-level, low impact, cardio-respiratory workout is held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Monday, Wednesday, Friday

8:30 am - 9:30 am



## CSDS

### City of San Diego Aquatics☆

The CSDA is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation.

The **Silver Level** introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership.

### SILVER LEVEL

Ages 5 - 17

**Monday - Friday**

4:00 pm - 5:00 pm

September \$22.00

October \$31.90

November \$26.40



## WATER POLO☆

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Ages 7 - 17

**Tuesday & Thursday**

5:00 pm - 6:30 pm

September \$15.40

October \$16.50

November \$14.30



☆A limited number of scholarships (based on financial need) are available, please contact Pool Manager for more information.

# GENERAL INFORMATION

## EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated..

## REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

## RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

## VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 685-1324.

## DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

## FACILITY ADMISSION FEES

Adults(16 & older) \$5.00 visit  
or \$95.00 discount pass  
Children/Disabled/Seniors(62 & older) \$1.50 visit  
or \$25.00 discount pass

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

## LAP SWIM/RECREATIONAL SWIM

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

## RECREATIONAL SWIM

Monday - Friday	11:30 am - 1:30 pm 6:00 pm - 7:00 pm
Saturday (September Only)*	12:00 pm - 3:00 pm
Sunday	12:00 pm - 3:00 pm

## LAP SWIM

Monday, Wednesday, Friday	8:00 am - 10:00 am
Monday - Friday	11:30 am - 1:30 pm 5:00 pm - 7:00 pm
Saturday (September Only)*	12:00 pm - 3:00 pm
Sunday	12:00 pm - 3:00 pm

November 23, 2006

**CLOSED**

\*Saturdays

*Closed starting in October.*

## SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.